

CLAIMS

1. An oil-in-water emulsified food product containing a complex of plant sterol with egg yolk lipoprotein.

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2. The oil-in-water emulsified food product according to claim 1, wherein the egg yolk lipoprotein is a lipoprotein comprising PLA modified egg yolk, decholesterolized egg yolk, or PLA modified
10 decholesterolized egg yolk.

3. The oil-in-water emulsified food product according to claim 1, wherein the composition ratio of plant sterol and egg yolk lipoprotein in the complex is 232 or less parts
15 by mass of plant sterol with respect to 1 part by mass of egg yolk lipoprotein.

4. The oil-in-water emulsified food product according to any of claims 1-3 that contains lyso-phospholipid.
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5. The oil-in-water emulsified food product according to claim 4, wherein the lyso-phospholipid content is 0.3 wt% or greater.

6. A method for producing the oil-in-water emulsified food product according to any of claims 1-3, comprising:

a step wherein at least egg yolk lipoprotein and plant sterol are stirred and mixed to prepare a liquid dispersion
5 of complex; and

a step wherein an oil-phase material is added to the liquid dispersion of the complex.

7. The method for producing the oil-in-water emulsified
10 food product according to claim 6, wherein a water-based medium and/or lyso-phospholipid are added in the step wherein the liquid dispersion of complex is prepared.

8. The method for producing the oil-in-water emulsified
15 food product according to claim 6 or 7, further comprising a step wherein lyso-phospholipid and/or water phase ingredient(s) are added, followed by stirring and mixing, after preparation of the liquid dispersion of the complex.

20 9. The method for producing the oil-in-water emulsified food product according to any of claims 6-8, wherein the liquid dispersion of the complex is prepared using 232 or less parts by mass of plant sterol with respect to 1 part by mass of egg yolk lipoprotein.

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10. The method for producing the oil-in-water emulsified food product according to any of claims 6-9, wherein egg yolk liquid is used as the egg yolk lipoprotein.

5 11. The method for producing the oil-in-water emulsified food product according to any of claims 6-9, wherein a dilute egg yolk liquid is used as the egg yolk lipoprotein.

10 12. The method for producing the oil-in-water emulsified food product according to claim 10 or 11, wherein 185 or less parts by mass of plant sterol is used with respect to 1 part by mass of egg yolk solid.

15 13. The method for producing the oil-in-water emulsified food product according to any of claims 6-12, wherein the mean particle size of the plant sterol is 50 μm or less.